

Peck Center &  
Recreation Department  
information can be found  
on the web at:  
[www.barrington.ri.gov](http://www.barrington.ri.gov)



**PECK CENTER HOURS**  
**MON. - THURS.**  
**9:00AM - 4:00PM**  
**ALL PROGRAMMING**  
**ENDS AT 3:45PM**

**FRIDAY 9AM - 1PM**

# Peck Center

For Adult Enrichment

281 County Road, Barrington, RI 02806, 401-247-1926 x201, [seniorpt@barrington.ri.gov](mailto:seniorpt@barrington.ri.gov)

# JUNE 2023

## PECK CENTER STAFF

**Michele Geremia**  
Director

**Senior Services:**  
**Cathy Impellizzeri**  
**Elizabeth McGuire**

Administrative  
Assistants

**Rod Maturi**  
**Tom Wallis**  
Kitchen  
Supervisors

**John Toolan**  
**Chuck Reese**  
Bus/Kitchen Staff

**Bill Kurtz**  
Medical Alert  
Coordinator

**Recreation:**  
**Tiffany Hayek**  
Program  
Coordinator



## THE PECK CENTER WILL BE CLOSED MONDAY, JUNE 19TH - JUNETEENTH

### BOCCE AND CROQUET AT LIBRARY COVE

The new Bocce and Croquet courts at Library Cove will open on June 27<sup>th</sup> and be available to the general public for their use.

Groups wishing to book Library Cove in advance for Bocce or Croquet, will need to complete an **Application for the Use of Bocce / Croquet Courts form** and submit it to the Recreation Department. There are no fees for the use of the Bocce and Croquet courts. All other programming to be booked at Library Cove must be booked by completing an **Application for the Use of Public Lands-Non Leagues form**. These forms can be found on the Town website under the Recreation Department – Field Use.

The following rules apply to the use of the Bocce and Croquet courts:

- Games are on a first come, first serve basis unless reserved in advance.
- Play only one game if people are waiting.
- Rake Bocce court when game is finished.
- Bring your own equipment.

For Peck Center for Adult Enrichment members: equipment for both Bocce and Croquet is available during Peck Center hours (M-TH 9-4 pm; FRI 9-1 pm). All equipment must be returned to the Peck Center prior to closing time.

## MEMBERSHIP RENEWAL

**2022-2023 memberships will expire  
June 30th!**

Consider renewing your membership  
today to avoid the rush!

### Membership fees:

Barrington residents - free  
Out of Town residents - \$12

Upon renewal you will be asked to review  
your membership form for any updates.

### Payment notes:

Paying by check: make check payable to  
the **TOWN OF BARRINGTON**.

Paying by credit card: there is service fee.

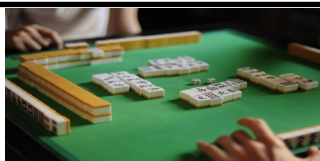
See receptionist to renew!

## PECK CENTER MEMBERSHIP BENEFITS..

- \* Free for Barrington residents
- \* \$12 per year for non-residents
- \* Free participation in Exercise Programs such as Chair Yoga & Cardio Classes
- \* Quality Healthy reduced cost lunches
- \* Parties and Special Events
- \* All-star Staff
- \* Reliable Transportation
- \* Flu Vaccine Clinics
- \* Regular Blood Pressure screenings
- \* Free Health Insurance Program
- \* Recreational Activities
- \* Relationship building (socialization)
- \* Learning opportunities

### SEASONAL BEACH PARKING STICKERS

Seasonal beach parking stickers may be applied for online at [www.barrington.ri.gov](http://www.barrington.ri.gov) or by visiting the Peck Center during business hours. To obtain a seasonal beach parking sticker, you need your **license, vehicle registration and, if both do not show a Barrington address you will need to provide a copy of a utility bill or other document showing your Barrington address and your name.** All stickers are obtained at the beach, weather permitting.



### MAH JONGG CLASSES

8 WEEK SESSION

Mondays @ 1:15pm, June 12, 26,  
July 10, 17, 24, 31, August 7, 21  
COST: \$40 - PAYABLE UPON SIGNUP  
Register today--6 student maximum  
Visit the Peck Center to sign up

### TRADITIONAL YOGA MAT CLASS

For Absolute Beginners - 8 week session  
(Not Chair Yoga)  
Fridays, 10-11:15am

Participants will be introduced to foundational Yoga poses.

This is a Gentle Yoga Class with time to do pain-free yoga poses and talk about the benefit of each pose. It is designed for absolute beginners as well as for people who want to continue their existing yoga mat experience. Time will include 15 minutes of rest and meditation. Participants must be able to get up and down on the mat.

Sign up soon as class size is limited to 12



### SUMMER CONCERT SERIES

The Barrington Summer Concert Series is a free, family, and fun event that runs from July through August at Latham Park (24 Latham Avenue) every Sunday from 6:00 to 7:30 PM.

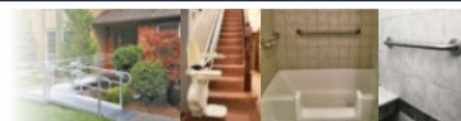
Parking is free. Alcohol & smoking are prohibited.

#### 2023 Schedule

- July 9: Neal & the Vipers
- July 16: Odyssey & the Brass Daddies
- July 23: By George
- July 30: Violin River
- August 6: Blue FO's
- August 13: Roger Ceresi's Allstarz
- August 20: Trinity
- August 27: Brass Attack



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**CONTACT ME**  
**Brian Oneill**

[boneill@lpicommunities.com](mailto:boneill@lpicommunities.com)

(800) 888-4574 x3410

**MEMOIR WRITING CLASS @ 1PM**  
**Mondays 6/5 and 6/26**

Have you always wanted to try your hand at writing?

Do you have stories about your life or family history that you have often thought (or been told) should be written down? Here is your chance to do that with a fun, friendly, encouraging, nonjudgmental writing group.

For writers of all levels.

Limited to Peck Center members. 10 participants max; must pre-register. See receptionist to register.

Where: Peck Center Meeting Room

Cost: No fee for the class



**FLOWERS FOR EVERYONE**  
**"Watering Can Magic"**

**Tuesday, June 6th at 1:45 pm Cost: \$22**

Have you ever wondered what other uses a metal watering can serves? Today we create a breathtaking floral arrangement using this vessel as a base. Daisies, carnations, and other flowers will highlight this design as we discover the florist in all of us!

Sign up today - 12 student maximum!

Call 401-247-1926x201 to register.

Cancellations must be made  
at least 24 hours in advance.

*Sally Gruber HTR*



**HOT LUNCH LOYALTY PROGRAM**

Would you like a free voucher for an IHOP or Newport Creamery meal?

It's easy to earn your voucher with our punch-card loyalty program.

All you have to do is enjoy 20 lunches here at the Center and it's yours! Each time you come for lunch we will punch your card and when completed you will receive your free voucher.



**PHARMACY OUTREACH PROGRAM**  
**OF THE UNIVERSITY OF RHODE ISLAND PRESENTS:**

**RESTLESS LEG SYNDROME**

Wednesday, June 7th, 1pm



Join us for these informative talks!

20 person maximum, call Center to register.

Join us for lunch prior to the talks;

24 hour notice required. See Center staff.

**CONGREGATE NUTRITION PROGRAM, A DIVISION**  
**OF EAST BAY COMMUNITY ACTION PROGRAM**

**MEAL SITE INFORMATION/GUIDELINES:**

Participation in the meal program is for anyone 60 years of age or older or handicapped.

Meals are served Monday - Friday promptly at 11:45am.

Hot lunches, sandwiches /salads, need to be reserved at least one day in advance by 10am and cancellations should be made 24 hours in advance by 10am.

You are responsible for filling out the menu choices you want, once that is done we will put you on the meal schedule. See menu in this newsletter.

East Bay Community Action Program requires a Rhode Island Congregate Meals Participant Information Form to be completed by all meal program participants. See Center staff for a form.

For reservations call or stop by the Peck Center.

Funded in part by the US Dept. of Health and Human Services, Administration for Community Living and state funds through the RI Office of Healthy Aging.

SEE MENU INSIDE THIS NEWSLETTER!



**The Senior Health Insurance Program (SHIP)** provides assistance to individuals who are aging into or already enrolled in the Medicare System. Counselors provide individual counseling to Medicare eligible beneficiaries to help them understand healthcare cost/coverage and to make the most appropriate choice for their health care needs.

Appointments are on Tuesday afternoons.

Call the Peck Center to reserve your spot:

401-247-1926 X201





### **BLOOD PRESSURE SCREENING**

Thursday, June 1st - 10:30am-11:30am

Sponsored by Hattie Ide Chaffee Home

Tuesday, June 6th - 9:00am - 10:00am

Sponsored by Orchard View Manor



Thursday, June 15th - 10:30am-11:30am

Sponsored by Hattie Ide Chaffee

Wednesday, June 21st - 10am-11am

Sponsored by VNH&H

Thursday, June 22nd - 10:30am-11:30am

Sponsored by the Willows Assisted Living



### **BOOK CLUB**

**Once a month on the 2nd Thursday at 1pm**

The book club is a reading group, consisting of people who read and talk about books based on a topic or an agreed-upon reading list. The Book Club may even choose books dedicated to a particular author or series.

Interested in joining? Contact

**Robin Bacon at [robinplus@aol.com](mailto:robinplus@aol.com).**

Join the Peck Center to participate.



### **EBCAP COMMUNITY HEALTH WORKER**

**June 27th from 2:30 to 3:45pm**

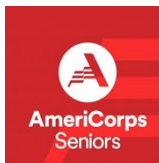
**Appointment required; call Peck Center**

Gerry LePage, Community Health Worker with East Bay Community Action Program, Office of Volunteer Services, will be regularly visiting our Center on the fourth Tuesday of each month. In addition to supporting John Garrahan's Medicare services at the Center, Gerry will be able to help with additional benefit programs such as SNAP, LIHEAP, Medicaid, and others. He will also have information on COVID, vaccinations, and other topics on hand.

If you need assistance with any of these topics, call the Peck Center & we will get you in touch with Gerry.



east bay community action program  
THE BRIDGE TO SELF-RELIANCE



## **HAPPY BIRTHDAY** to our 2022-2023 Members

Monica Lanoue	2
Sharon Dalessio	2
Mudge Anderson	3
Pauline Siebens	3
Brenda Barrett	4
Barbara Evans	6
Robert Corson	6
Bruce Amand	7
Phyllis Fragola	7
Norman James	8
Fernanda Goncalves	12
Lorraine Bertrand	13
Irene Zabek	13
Molly Mandelson	16
Curtis Greene	17
Joyce Boyle	17

Mary Lou Adelman	18
Lawrence Specht	20
James Baker	21
Howard Gold	21
Lydia Joynes	21
Norma O'Connell	22
Louis DiCarlo	22
Therese Massey	23
Eli Fass	24
Barbara Green	25
Michael Wright	26
George Currier	26
Nancy Schauble	28
Katherine Capano	28
Peter Kanarian	28

### **LINE DANCING**

**INSTRUCTOR: DONNA CARTER**

Tuesday afternoons from 12:30 - 1:30

\$3 per session per session (payable upon arrival)



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Barrington Senior Center, Barrington, RI

06-5230

# June 2023 Calendar of Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>FREE BAYSIDE YMCA PROGRAMS FOR PECK CENTER MEMBERS</b> SILVER SNEAKERS - Tuesdays & Thursdays, 1:30pm - 2:30pm CHAIR YOGA - Thursday 12:10pm - 1:10pm ZUMBA - Tuesdays & Thursdays 11:00am - 12:00pm To participate, you must call the YMCA, 245-2444, within 24 hours of class time to register and show your Peck Center scan card upon arrival.			<b>1</b> 9:15-10am - Cardio Class 10:15-11am - Cardio Class 10:30-11:30 - Blood Pressure 12:10pm - Chair Yoga at YMCA 1:00pm...Shopping at Shaw's 1:00pm - 3:30pm - Bingo	<b>2</b> 9:30am-11am - Cribbage 10-11:15am - Yoga Mat class 10:45-11:45am - Shuffleboard & Soft Bocce
	<b>5</b> 9:15-10:15am - Meditation 12:45-3:30pm - Mah Jongg 1:00-3:00pm - Memoir Writing 1-3pm - Alzheimer's Caregiver Support Group - Trustee Rm	<b>7</b> 9:15-10:15 - Chair Yoga 9:30-10:30 - Friends Board Mtg. 10:30-11:30 - Chair Yoga 11:45 -12:45pm Chair Yoga 1:00-3:30pm - Bridge 1:00-3:30pm - Canasta 1:00pm - Pharmacy Outreach talk	<b>8</b> 9:15-10am - Cardio Class 10:15-11am - Cardio Class 12:10pm - Chair Yoga at YMCA 1:00pm...Shopping at Shaw's 1:00pm - 2:00pm - Book Club 1:00pm - 3:30pm - Bingo 7pm - SSAB Meeting	<b>9</b> 9:30am-11am - Cribbage 10-11:15am - Yoga Mat class 10:45-11:45am - Shuffleboard & Soft Bocce
	<b>12</b> 9:15-10:15am - Meditation 12:45-3:30pm - Mah Jongg 1:15 Mah Jongg Class, 1st session	<b>14</b> 9:15-10:15 - Chair Yoga 10:30-11:30 - Chair Yoga 11:45 -12:45pm Chair Yoga 1:00-3:30pm - Bridge 1:00-3:30pm - Canasta	<b>15</b> 9:15-10am - Cardio Class 10:15-11am - Cardio Class 10:30-11:30am - Blood Pressure 12:10pm - Chair Yoga at YMCA 1:00pm - Shopping at Shaw's 1:00pm - 3:30pm - Bingo 1:00pm - Fireside Chat	<b>16</b> 9:30am-11am - Cribbage 10-11:15am - Yoga Mat class 10:45-11:45am - Shuffleboard & Soft Bocce
<b>19</b> <b>CENTER CLOSED FOR HOLIDAY</b>	<b>20</b> 9:15-10am - Cardio Class 10:15-11am - Cardio Class 11:15-12:15pm - Chair Yoga 12:30-3:30pm - Benefit Rep 12:45-3:30pm - Hand & Foot 12:30-1:30pm - Line Dancing 2:15-3:45pm - Shuffleboard & Bocce	<b>21</b> 9:15-10:15 - Chair Yoga 10-11am - Blood Pressure 10:30-11:30 - Chair Yoga 11:45 -12:45pm Chair Yoga 1:00-3:30pm - Bridge 1:00-3:30pm - Canasta	<b>22</b> 9:15-10am - Cardio Class 10:15-11am - Cardio Class 10:30-11:30am - Blood Pressure 12:10pm - Chair Yoga at YMCA 1:00pm - Shopping at Shaw's 1:00pm - 3:30pm - Bingo	<b>23</b> 9:30am-11am - Cribbage 10-11:15am - Yoga Mat class 10:45-11:45am - Shuffleboard & Soft Bocce
<b>26</b> 9:15-10:15am - Meditation 12:45-3:30pm - Mah Jongg 1:00-3:00pm - Memoir Writing 1:15 Mah Jongg Class, 2nd session	<b>27</b> 9:15-10am - Cardio Class 10:15-11am - Cardio Class 11:15-12:15pm - Chair Yoga 12:30-3:30pm - Benefit Rep 12:45-3:30pm - Hand & Foot 12:30-1:30pm - Line Dancing 2:15-3:45pm - Shuffleboard & Bocce 2:30 - 3:45pm - EBCAP Community Health Worker	<b>28</b> 9:15-10:15 - Chair Yoga 10:30-11:30 - Chair Yoga 11:45 -12:45pm Chair Yoga 1:00-3:30pm - Bridge 1:00-3:30pm - Canasta	<b>29</b> 9:15-10am - Cardio Class 10:15-11am - Cardio Class 12:10pm - Chair Yoga at YMCA 1:00pm - Shopping at Shaw's 1:00pm - 3:30pm - Bingo	<b>30</b> 9:30am-11am - Cribbage 10-11:15am - Yoga Mat class 10:45-11:45am - Shuffleboard & Soft Bocce

All menu items may contain nuts, seeds, beans, wheat bran, and other allergens

# June 2023 Menu

[\\$3.00](#) Suggested Donation -  
Please call 24 hours in advance

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div> <div>SERVING SIZES</div> <div>Grains – 2 ounces</div> <div>Vegetables – ½ cup</div> <div>Fruits – ½ cup</div> <div>Protein – 3 ounces</div> <div>Dairy – 1 cup</div> </div>		<p><a href="#">\$3.00</a> Suggested Donation Please call the dining room 24 hours in advance</p> <p>All menu items may contain nuts, seeds, beans, wheat bran, and other allergens</p>	<p>1 Vegetable soup Honey baked chicken thigh Sweet potato/ Peas &amp; carrots Snowflake roll / Fruit Chef salad</p>	<p>2 Chopped salad Sausage &amp; pepper sandwich Pasta salad / Ww roll Cake Chicken sandwich</p>
<p>5 Chicken soup Baked spag. w/meat sauce Roasted broccoli &amp; carrots Multi grain roll / Pudding Chef salad</p>	<p>6 Roasted cauliflower soup Sweet &amp; sour pork Greek rice pilaf / Green beans Fruit / Sliced multi grain bread Seafood salad on wheat bread</p>	<p>7 Greek cucumber salad Pepper steak Rice pilaf w/ mushrooms Mixed veg. / Roll Oatmeal raisin cookie Ham &amp; cheese club</p>	<p>8 Minestrone soup Stuffed chicken breast w/ gravy Au gratin potatoes Baby carrots / Roll / Cake Turkey on wheat</p>	<p>9 Cream of broccoli soup Meatball sandwich Green bean salad Roasted potato / Ww roll Jello Egg salad sandwich</p>
<p>12 Chicken soup Sweet &amp; sour meatball Fried rice / 1/3 – bead salad Roll (whole wheat) Chocolate chip cookie Grilled veg salad w/chicken</p>	<p>13 Escarole bean &amp; saus. soup Honey glazed chicken breast Roasted potato Italian mixed veg. Mixed fruit / roll Tuna salad plate</p>	<p>14 Vegetable soup Baked rigatoni w/mini meatballs Zucchini / Roll Fruit salad Roast beef on a ww roll</p>	<p>15 HAPPY BIRTHDAY! CUP- CAKE / Tomato soup Smoked BBQ Pork loin Corn on the cob Roasted potato - roll / Cake Spinach salad w/ chicken</p>	<p>16 Portuguese kale soup Chicken cacciatore Roasted potato Green beans / Ww roll - Fruit Ham &amp; cheese on rye</p>
<p>19</p> <p><b>CENTER CLOSED FOR HOLIDAY</b></p>	<p>20 Mushroom barley soup Roasted pork w/peppers &amp; apples Parsley potatoes / Roll Jello Egg salad on multi grain roll</p>	<p>21 Tossed salad Pub burger w/ cheese Baked beans / Pasta salad Watermelon - roll Hot dog w/roll</p>	<p>22 Minestrone Soup Beef casserole over cheesy buttered noodles Roasted broccoli &amp; cauli. Lorna doone cookie -ww bread Chicken salad sandwich</p>	<p>23 Fresh fruit w/ cottage cheese Braised beef brisket Roasted potato salad Cole slaw / Ww roll Chicken salad plate</p>
<p>26 Vegetable soup Meatball stroganoff Mashed pot. / Peas &amp; onions Whole Wheat roll - cookie Turkey &amp; Swiss/whole wheat</p>	<p>27 Tossed salad Fruit cup Beef stew / Ww roll Jello Italian grinder</p>	<p>28Chicken Soup Chicken Francese Spanish Rice / Green Beans Sliced bread / fruit Turkey &amp; Swiss on rye</p>	<p>29Tomato Soup Shepards pie / Mashed pot. Ww roll / pudding Seafood Salad plate</p>	<p>30 Lentil &amp; bean soup Open turkey sandwich w/ gry Stuffing / Cole slaw Fruit Chef salad</p>





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